



HBCU H I S T O R Y

Black History Month Guide



HBCU HISTORY

Historically Black Colleges and Universities are institutions of higher education founded in the United States before 1964 that served African American Students. The purpose of these institutions was to educate people of color in a society that often prevented education due to racial discrimination.

African American Students were given opportunity to pursue training in trades, religious studies and become teachers. Present day, HBCUs offer majors that include Law, Medicine, Psychology, Music, and a plethora of studies with notable alumni in all facets of the world. For example, Vice President Kamala Harris is a

Howard University (Washington DC) graduate.

The First HBCU was Cheyney University of Pennsylvania, however HBCUs were predominantly in the South. There are 101 HBCUs spanning the United States and the Virgin Islands.

This rich heritage has a strong message of community and the necessity for education.

VIDEO PRESENTATION

[Watch here](#)

theMann.

NOTABLE HBCU ALUMNI IN ENTERTAINMENT



YOLANDA ADAMS
(Gospel Singer)
Texas Southern University



RANDY JACKSON
(Producer & American Idol Judge)
Southern University



DEBBIE ALLEN
(Dancer & Choreographer)
Howard University



LIONEL RICHIE
(Singer, Songwriter & Producer)
Tuskegee University



ROBERTA FLACK
(Singer)
Howard University



ANIKA NONI ROSE
(Singer, Actress)
Florida A&M University



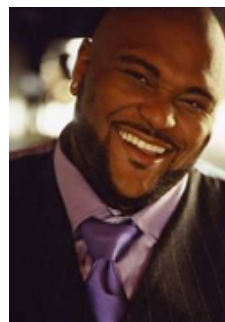
COMMON
(Rapper)
Florida A&M University



TWO CHAINS
(Rapper)
Alabama State University



DAVID BANNER
(Rapper, Producer & Activist)
Southern University

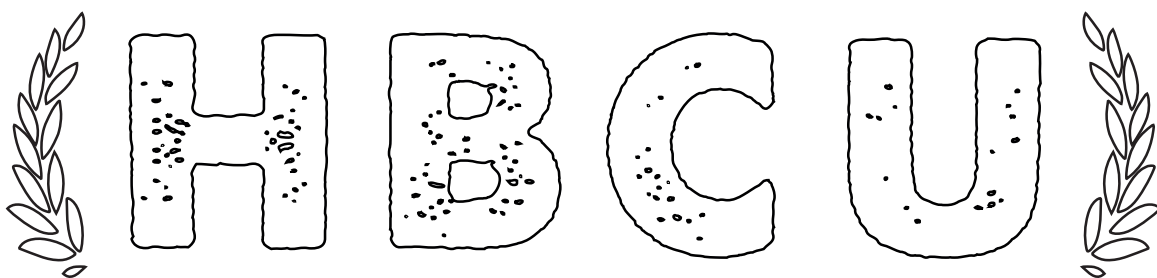


RUBEN STUDDARD
(American Idol Winner)
Alabama A&M University



ERYKAH BADU
(Queen of Neo-Soul)
Grambling State University

HBCU COLORING SHEET





SUMMER PEA, GREEN BEAN & CORN SALAD WITH BUTTERMILK DRESSING

NICOLE A. TAYLOR

(Chef)

Clark Atlanta University

COOK TIME: 5 mins

PREP TIME: 30 mins

SERVINGS: 10-12

CHEF'S NOTES:

In my American South, fresh-shelled lady peas, crowders, and cream peas — delicate and pearl-shaped — show up at the neighborhood market as a welcome sign of summer. But frozen varieties of these delicious peas are so much more common that I have made mental notes of where I can buy them. At the Forsyth's Farmers' Market in Savannah, Georgia, Joseph Fields Farms sells shelled peas in sealed storage bags, sitting in iced coolers. FarmviewMarket, a local food emporium located in Eatonton, Georgia, stocks their varieties in a refrigerated section alongside Rock House Creamery buttermilk. When I'm in Athens, I stop by Bell's Food Store, a family-owned store and country-cooking emporium.

SALAD INGREDIENTS:

- **1/4** cup kosher salt
- **3** cups shelled Southern peas, like fresh crowders or lady peas
- **3** cups fresh corn kernels (from 2 to 3 cobs)
- **2** cups halved green beans (cut in half on an angle)
- **4** ribs celery, thinly sliced and leaves reserved
- **1** cup chopped red bell pepper
- **1** small red onion, thinly sliced

BUTTERMILK DRESSING INGREDIENTS:

- **2** tablespoons sherry vinegar
- **2** tablespoons honey
- **1** cup full-fat buttermilk (well shaken)
- **1/2** cup sour cream
- **1/3** cup extra-virgin olive oil
- **2** cloves garlic, grated
- **1** tablespoon fresh thyme
- **1/4** teaspoon freshly ground black pepper
- **1/4** teaspoon kosher salt
- **2** sprigs thyme (leaves only) as garnish

SUMMER PEA, GREEN BEAN & CORN SALAD WITH BUTTERMILK DRESSING *(continued)*

SALAD INSTRUCTIONS

1. Bring a large pot of water to a boil over medium-high heat and add the salt. Fill a large bowl with ice and water and set it next to the stove.
2. Cook the Southern peas in the boiling water for about 25 minutes, or until creamy inside but not mushy, then remove using a mesh sieve and immediately transfer to the ice bath to stop the cooking.
3. Blanch the corn, then the green beans, blanching each for 2 minutes, then transferring to the ice bath.
4. Drain the beans, corn and lady peas in a colander and set aside to cool completely.
5. In a large bowl, combine the cooled bean mixture, the celery, bell pepper and onion. Cover and chill in the refrigerator until ready to serve.

DRESSING INSTRUCTIONS

In a large bowl, whisk together the vinegar and honey until well-combined; slowly whisk in buttermilk and sour cream, and then the olive oil, whisking until emulsified and smooth. Then add in the garlic, thyme, black pepper and salt.

TO SERVE:

Before serving, drizzle 1/4 cup of the dressing around the rim of the bowl and toss to combine. Add more dressing if you like, and garnish with the reserved celery leaves and fresh thyme.

